



Aikyam

- United Within



A message from the Principal



Message from the principal Desk

It gives me immense pleasure to announce that Govt. College for Women, Parade ground, Jammu is bringing out maiden issue of its quarterly e-Newsletter "Aikyam-United Within" (April-June, 2021). It will act as a medium to highlight the activities carried out by NSS volunteers of the college. It would serve to create awareness about the social issues among the society in general and students in particular. I hope this issue would create an impact on the mind of readers and motivate them to play their responsibilities towards the society. Wishing the students of the college a very good luck!

**Dr. S.P Sarswat
Principal**

GCW Parade Ground Jammu



About the Institution

The Government College for Women, Parade, Jammu is J&K State's Leading Educational Institution providing quality education to students. The college was established in 1944, re-accredited by National Assessment and Accredited Council and granted A. The College has also been designated as A Lead-College of J&K State.



National Service Scheme

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of 11th & 12th Class of schools at +2 Board level and student youth of Technical Institution, Graduate & Post Graduate at colleges and University level of India to take part in various government led community service activities & programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service.

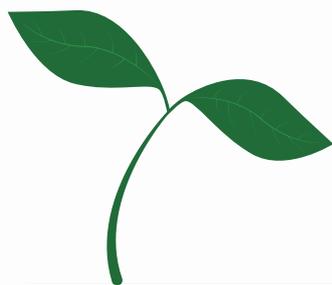
Programmes of NSS

- Plantation Drive
- Co - Aid Campaign
- Cleanliness Drive
- Distribution of sanitation essentials
- Food and Ration drive
- Events
- Webinars
- Competitions
- Clothes Distribution Drive

Add a little bit of body



PLANTATION DRIVE



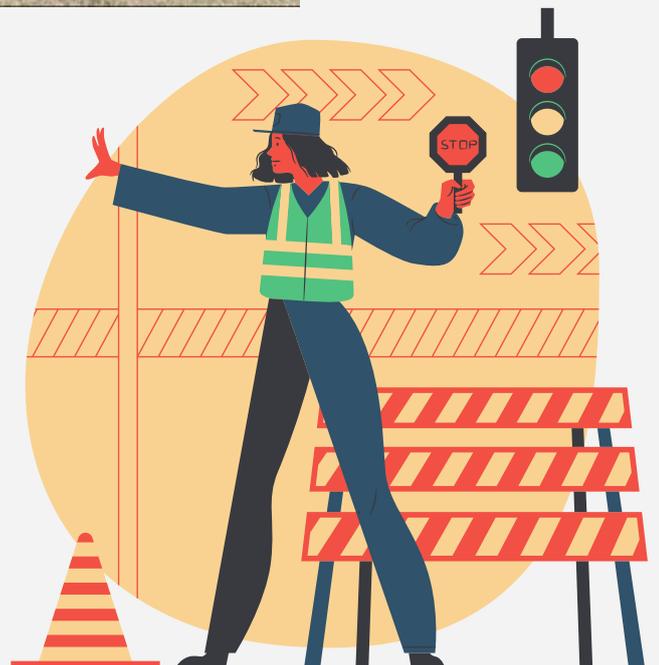
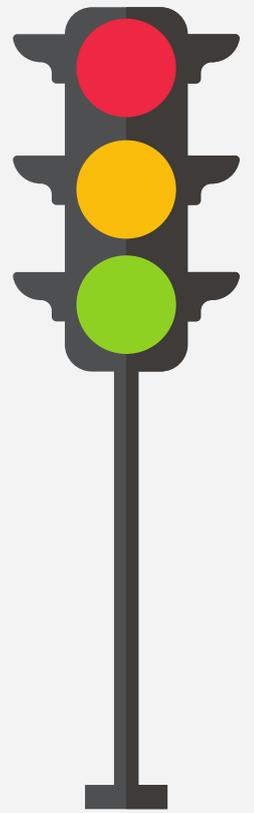
Our mother nature takes care of every creature living here, she gives every resource full element to us, she nurture us, help us to grow and it's our duty to take care of our mother nature...we are the one's who needs to take care of her..as we grow from their only.



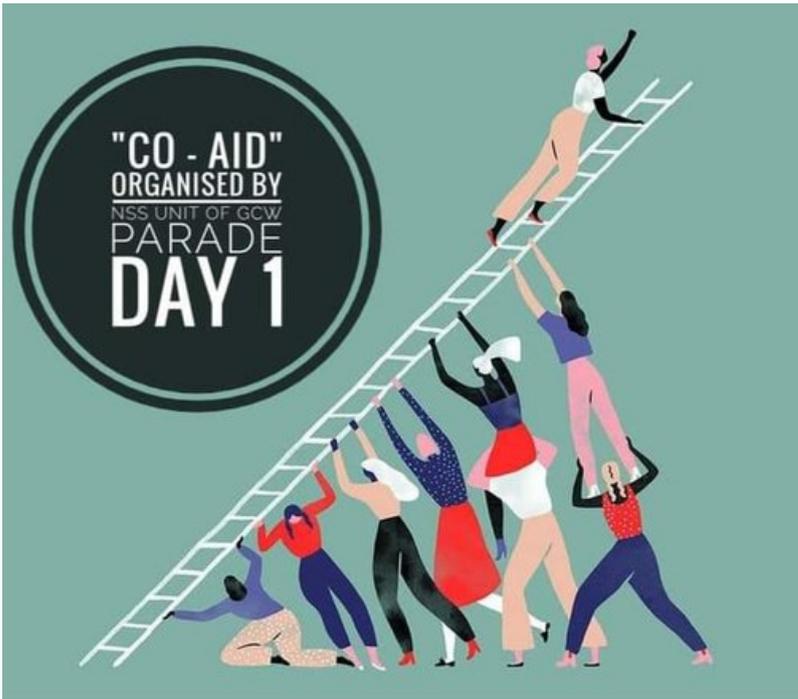
The National Service Scheme Unit of PG Government College for Women Parade Ground Jammu, has led a number of plantation drives in the month of May and June in the view of a greener and healthier environment where more than hundred volunteers actively participated and planted sapplings in various locations, such as their localities, roadsides and in their college premises.



Sadak Suraksha, Jeevan Raksha



"Co- Aid"



May 10

1st day of Co-Aid

The campaign Co-Aid was started by NSS GCW PARADE to help the people in the times of the pandemic of Covid-19. The campaign included spreading awareness, distribution of masks and other essential items like food essentials, feeding stray animals by volunteers of NSS GCW PARADE



Mask Distribution Drive



Mask distribution was held by volunteers of NSS GCW PARADE during Co-Aid campaign.



Feeding the Stray.



Stray dogs were fed by NSS
VOLUNTEERS during Co - Aid campaigns.



The Yodhaas Of Yoga



Volunteers of NSS GCW PARADE highlighted the importance of Yoga and shared pictures of doing various Yoga poses.

Commemoration of 400th Birth Anniversary of Guru Tegh Bahadur Ji - Hind Di Chadar

	GCW PARADE GROUND JAMMU NSS UNIT CELEBRATES 400th BIRTHDAY OF GURU TEG BAHADUR JI - Hind Di Chadar	
	<i>Guru Tegh Bahadur Ji was the ninth Sikh guru. Considered a principled and fearless warrior, he was a learned spiritual scholar and poet whose 115 hymns are included in Sri Guru Granth Sahib Ji</i>	
<p>To celebrate the 400th birth anniversary of Guru Tegh Bahadur Ji (also known as Hind Di Chadar), NSS UNIT of GCW Parade Ground, Jammu, invites you to an "Online Poster making /Slogan making competition" on 13th of May, 2021 from 2 pm - 4pm.</p>	<p>Interested candidates can send their response on our social media handles : Facebook : Nss Gew Parade Instagram: @nssunit.gcwparade</p>	<p>All the participants will get E Certificates, as well as the First winner will get the prize amount of Rs. 1000. A sum of Rs. 700 and Rs. 500 will go to the second and third runner up, respectively.</p>
<p>Organisers : [NSS COORDINATORS] Prof. Gurpreet Kour, Dr. Mohd. Majeed, Prof. Parvez Ahmad</p>	<p>[NSS COMMANDERS] Pallavi Sharma, Priya Sharma, Vanshika Sagotra and Mavi Sapolia</p>	

NSS volunteers celebrated commemoration of 400th anniversary of Guru Tegh Bahadur Ji- Hind Di Chadar

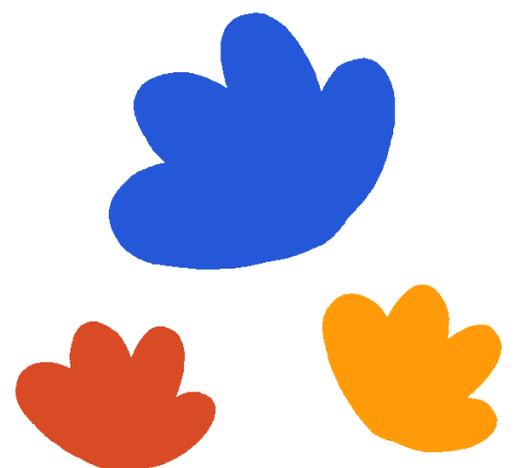


**MASK DISTRIBUTION DURING CO-AID CAMPAIGN
ORGANISED BY NSS UNIT OF GCW PARADE**

Online poster making competition



Online poster making competition was organised by NSS Unit of GCW Parade to spread awareness about Covid-19 and safety measures to ensure safety against Covid. The theme of the competitive was "HIGHLIGHT THE IMPORTANCE OF SAFETY MEASURES TO CURB THE SPREAD OF COVID-19."



International Armed Force Day



" INTERNATIONAL ARMED FORCE DAY"

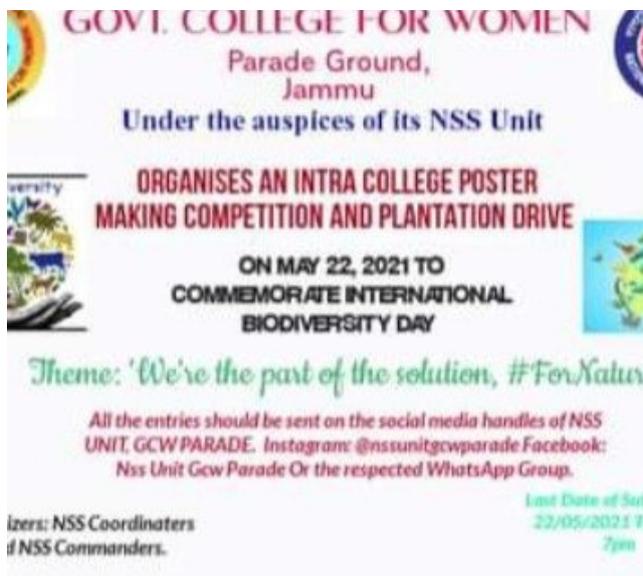
We are safe , happy smiling because We have our armed forces taking charge of their duties. On this day, NSS UNIT, GCW Prade, celebrate International Armed force Day, in which volunteer actively participated in activities such as poster making, slogan making , dancing, singing, etc as a tribute to alo the soldiers fighting for us on the borders.

Volunteers actively participated and prepared really amazing videos , wrote slogans nd prepared videos to show there respect and love for our great soldiers who sacrifice there lives for us.They give their duties on borders so that ee can sleep peacefully.

By the end of the event, volunteers also wrote notes/messages for the soldiers to honour their bravery, selflessness and heroism. All these works are posted on social media handles of NSS UNIT OF GCW, Prade.



International Biodiversity Day



International day of biodiversity was celebrated by NSS GCW PARADE on 22 May. All the activities were organised in such a way that a message could be forwarded to all the people about preservation of BIODIVERSITY.

The theme of International Biodiversity Day 2021 was "WE ARE THE PART OF SOLUTION."

Plantation drive and a poster making competition was conducted by NSS GCW PARADE. Some other activities like online quiz related to biodiversity, feeding stray animals, crafts from plastic were also organised.

Young warrior **movement**



Volunteers from NSS UNIT of GCW parade, took active participation in #youngWarrior movement. More than 100 volunteers registered themselves in the on-going movement to the fight against the covid pandemic.

Volunteers showed their support by posting on their social media handles and taking the pledge 'I am a #youngwarrior' while encouraging others to support the cause and become a #youngwarrior.

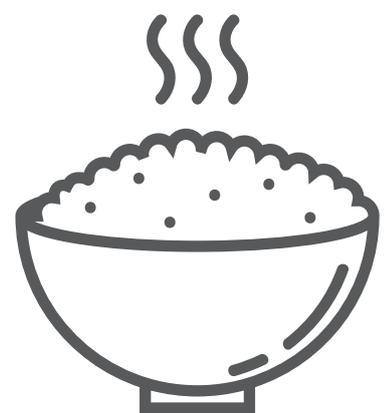
Food delivery Drive



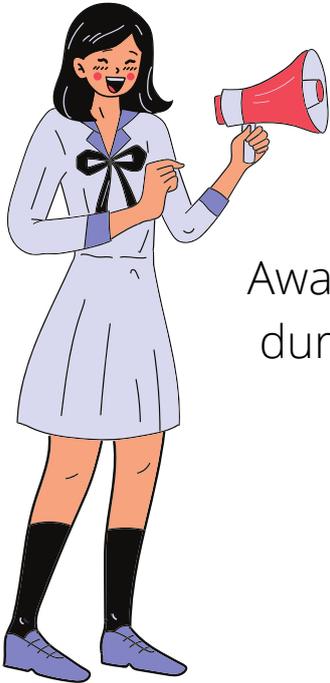
Food delivery drive held by NSS GCW PARADE during Co-Aid campaign



Food delivery Drive



Awareness Drive



Awareness drive held by volunteers of NSS GCW PARADE during their Co-Aid campaign





Ecosystem Restoration

About the Institution

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Patron

Dr. S.P Saraswat

Principal
GCW Parade Ground,
Jammu



Organisers

Dr. Gurpreet Kour (NSS PO), Coordinator
Dr. Mohd. Majeed (NSS PO)
Dr. Parvaiz Ahmad (NSS PO)



About the World Environment Day

Since 1974, World Environment Day has been celebrated every year on 5 June, engaging governments, businesses and citizens in an effort to address pressing environmental issues.

Ecosystem restoration means preventing, halting and reversing this damage – to go from exploiting nature to healing it. This World Environment Day will kick off the UN Decade on Ecosystem Restoration, a global mission to revive billions of hectares, from forests to farmlands, from the top of mountains to the depths of the seas.

Only with healthy ecosystems can we enhance people's livelihoods, counteract climate change and stop the collapse of biodiversity.

Speakers

Ms. Prachi Nimbkar

Member, Environment Policy Cell,
Ministry of Environment, Forest and Climate Change,
Government of India
Assistant Secretary,
Ministry of Environment,
Government of India



Topic for the Event: International Standards for the Practice of Ecological Restoration

Dr. Deepal Sharma

Director, Terrafirma
Projects Pvt. Ltd.



Topic for the Event: Solid Waste Management

This webinar will be conducted on Zoom App and will be live streamed on the official YouTube channel of GCW PARADE.

Registration Link:

Long press the link and select "open" to fill the registration form.



WhatsApp Group Link

<https://chat.whatsapp.com/D4FitY4f68n54hllU6wYav>



Celebration of World Environment Day
(5th June, 2021)

NATIONAL WEBINAR

On
"Ecosystem Restoration"

Timing : 11AM - 1PM

ORGANISED BY



The NSS Unit

**Government College for Women,
Parade Ground,
Jammu**



World environment day.



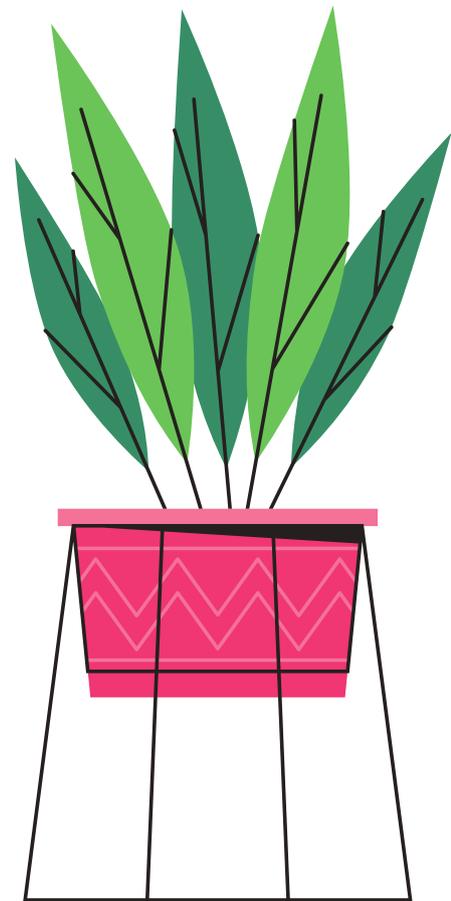
Various activities and programs were conducted on the occasion of World environment day. The activities included a national webinar, poster, slogan making competitions on theme "Reimagine, Recreate, Restore".



Plantation drive



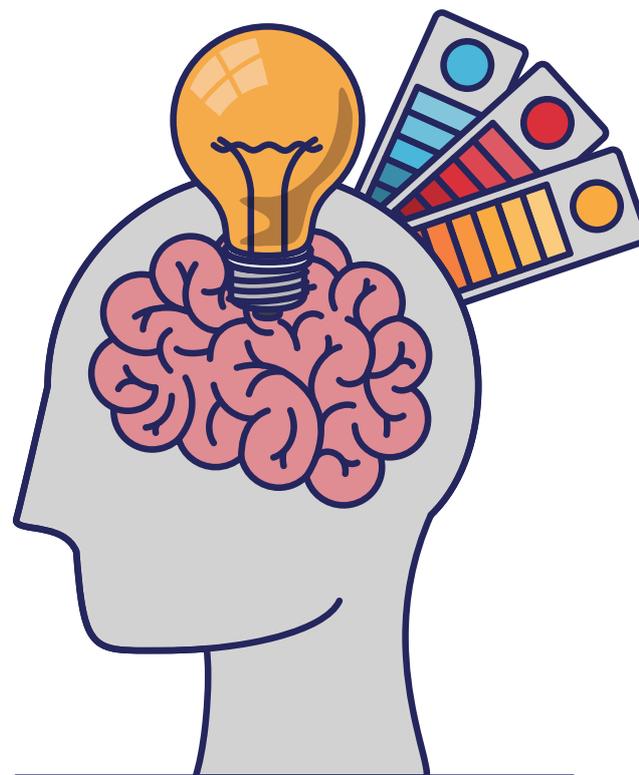
Plantation drive was also held on the occasion of WORLD ENVIRONMENT DAY to incorporate the idea of Green India in the mind of participant volunteers.



Creativity Drive



Creativity of volunteers was showcased when the volunteers created various beautiful articles from plastic waste



Awareness Drive Yoga week



Yoga week was organised by NSS GCW PARADE which included poster making and slogan making competition.



Three day Online Yoga workshop

Importance of Yoga.
The practice of yoga is a holistic approach to health and well-being. It combines physical, mental, and spiritual disciplines to create a balanced and harmonious life. Regular practice of yoga can help reduce stress, improve concentration, and enhance overall health.

ABOUT THE ART OF LIVING
PROGRAM OF THE ART OF LIVING

Govt. College for Women, Parade Ground, Jodhpur
In Collaboration with

THE ART OF LIVING
IS ORGANISING A THREE DAY WORKSHOP
FOR FACULTY AND STUDENTS OF THE COLLEGE

SCHEDULE
Session 1
Timing: 9 AM - 12 PM

Date:
28th, 29th, 30th Nov 2023

Registration Link: <https://bit.ly/3d5v72m>



Three day workshop was held by NSS GCW PARADE in collaboration with with Art of Living during Yoga Week



Say no to drugs

 **Government College for Women**
Parade Ground Jammu
(Under the auspices of its NSS Unit)

SAY NO TO DRUGS

Organises an Online Poster making competition on International Day against Drug Abuse and Illicit Trafficking

On June 26, 2021

Theme:- Say "No" to Drugs

 **Organising Team**
Dr. Gurpreet Kour (Coordinator) (NSS PO)
Dr. Mohd. Majeed (NSS PO)
Dr. Pervaiz Ahmed (NSS PO)

